

# *The* SEVEN *Love Letters*

**7** Love Letters You MUST Write  
To Attract Love, Money,  
Happiness and Prosperity.

*Dear Money,*

.....

.....

.....

WRITTEN BY

*Asmaa Chaudhry*

# WELCOME NOTE

## Dedicated to all of you!

I would like to thank you for purchasing the book '**Seven Love Letters**'.

I will personally promise you that this book can help you to manifest your dreams into reality using the simple yet authentic techniques by writing letters to yourself.

If you like this book, please share your appreciation by leaving positive feedback for this book to help people around the world. Let's spread the positivity around us and make the world a better place.

Thank you for your positive review. It really means a lot to me.

**Let's manifest your dreams through writing love letters!**

Happy reading!



# ABOUT THE AUTHOR

Asmaa Chaudhry is a certified Law of Attraction Coach, Numerologist and a qualified Lawyer with successful legal career.

She is teaching the Law of Attraction and practising Numerology for more than 10 years and helped thousands of people to turn their dreams into reality.

She has dedicated her life helping people to become the best version of themselves and to help people to achieve extraordinary goals in all 4 areas of life including health, relationship, career and money.

Asmaa Chaudhry is known for her unique coaching /teaching style as she has the depth of knowledge in the Law of Attraction and occult science.

Besides her legal career, she is also very active in community and social work.

She has been conducting various personal developments and positive thinking workshops and short courses for different communities.

She has been helping and motivating people and has transformed their lives.

*May 'The Seven Love Letters' bring you love,  
happiness and positivity for you.*

*That is my kind intention for you, and for Globe.*

*Asmaa Chaudhry* ..

# WHY READ THIS BOOK?

There are many books available in relation to how to manifestation your dreams; then why I have written this book and why should you read it?

There are **SEVEN** good reasons to read this book.

1. This book is based on my workshops and the techniques which have been used for manifestation are highly popular and result oriented.
2. It will make you feel relaxed as well as energised.
3. It will improve relationship with yourself as well as with your parents.
4. It will give you joy and instantly release bad memories.
5. It will help to take your life to the next level and create your life as per your own choice.
6. It will help attract money and attract endless prosperity and abundance in your life.
7. It will help you to make affirmations to attract your goals in all four areas of life, such as Health, Relationship, Career and Money.





# SPECIAL THANKS

For the creation of the book, *The Seven Love letters*, I want to thank the following people for their indispensable encouragement and help in making this powerful book.

- Grateful to the universe for their countless blessings and encouragement to me, and open up my mind and heart: gave the strength in my words so that I can bring happiness around the globe.
- My greatest gratitude to all the Intellectual human beings in the World for their valuable inventions and research for us.
- I am grateful to my amazing parents, who are my great teachers, and who light up my life every single day with their presence, constant support and unconditional love. From the bottom of my heart, thank you mum and dad, for everything.
- My love and thanks to my sincere work colleagues for their guidance and expertise. My special thanks to my best friend who helped me to complete this book and make it possible and for brining positivity into my life.
- Special thanks and love to my wonderful mentors, Mitesh & Indu Khatri (Leadership Trainer and author of the bestselling books). Without their endless motivation, faith and guidance it would not be possible for me to accomplish and achieve where I am today.
- My deepest thank you and love to all the tremendous readers and supportive friends around the world. You encouraged me to do better and share my knowledge.
- Last but not the least, how can I forget to myself? Thank you to myself for being consistent, dedicated in working to create this beautiful book, thank you to my creativity: art work and graphic designing.

# TABLE OF CONTENTS

WELCOME NOTE.

---

ABOUT THE AUTHOR.

---

WHY READ THIS BOOK.

---

SPECIAL THANKS.

---

VALUE YOURSELF

---

LET GO YOUR PAST

---

DESIGN YOUR OWN FUTURE.

---

CONNECT WITH YOUR ROOTS.

---

ATTRACT MAGICAL MONEY

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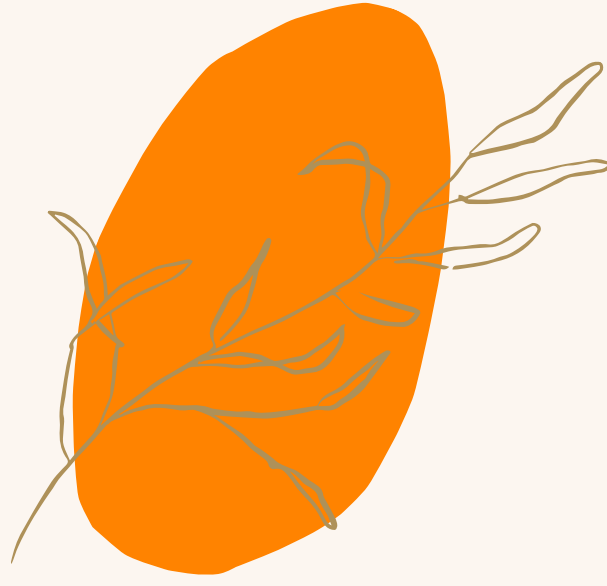
ATTRACT MAGICAL HEALTH.

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POWERFUL AFFIRMATIONS IN HRMC.

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## VALUE YOURSELF

“If you truly value yourself, then you will always be attracted to people who value you, the journey of value begins from YOU”.

I am asking a smart and sophisticated question to all of you, **how do you value yourself? Or how do you express love to yourself?**

**Have you ever thought about it?**

If not, no worries it's never too late, you may think it now.

Let me remind you one thing, the most important person on this planet is YOU. But you neglect yourself in the walk of life, sometimes to achieve more or some other reasons, hence I would say, you are the most neglected person.

**Why do I say the most neglected person?**

**Have you ever given enough importance to yourself?**

You have 24 hours in a day but how much time do you happily spare for yourself?

**Do you agree with me?**

You have an ocean of time for your children, spouse, parents, loved ones, and relatives, do good and take care of them but have you ever had 'Me time' for yourself?

**Have you treated yourself in a way you have treated to others?**

**Am I right?**

Friendly speaking, we expect love, acceptance, forgiveness, attention, and respect from others but rarely look inside to find those qualities from our inner selves.



To cultivate love and respect you should look inside and start finding love from within and love yourself unconditionally first.

### **Hey!**

Do not be desperate to other people to love you. Don't be needy to other people to value yourself. Don't be needy to other people to listen to you. Don't wait for other people say 'I like you'. First cultivate relationship with yourself and create a strong foundation.

*Let us understand here with an example;*

Suppose, you are going to create a building and of course, first, you need a foundation and without a foundation you cannot create a strong building. Love and value yourself are similar here as a foundation.

### **How can you fall in love unconditionally with yourself?**

Here, I'm going to introduce to you a very powerful technique we mostly use in the Law of Attractions to manifest our goals into reality. This is a very simple and powerful technique and many of my students used these techniques and just fell in love with themselves. You could be one of them.

One of my participants was a victim of domestic abuse and she has lost her confidence and self-esteem. I asked her to write a letter to you and write 11 good things about yourself and read this letter for the next 30 days to re-program your subconscious mind. After 30 days she came back to my workshop with a result;

*"By this technique, I am literally fallen in love with myself for the first time in my life, I regain my confidence level and also boost up my self-esteem. Also, I have found unlimited good qualities in myself which I've never noticed before".*

Personally, I do write a letter to myself frequently to appreciate my achievements, accept my mistakes and forgive myself for my mistakes. If I forgive myself, I can easily forgive others because we all are human not meant to be perfect. It took me a long time to figure out how to truly love myself not just appreciating the best part of myself but also falling in love with my flaws and mistakes. Now relationship with me completely changed the way I show up to the world. Now I feel worthy of beauty, love, acceptance, and blessings that come into my life. Self-love and acceptance begin with self. Now I am full of love and abundance and I can love more deeply and abundantly others.



For me, it's a wonderful exercise with amazing feelings of self-love. Every weekend I read those letters loudly just playing my favourite music and having a cup of tea in my hand and boost up my energy level.

Now, it's your turn to write a letter and tell yourself how important you are as well as how you love and accept yourself as the way you are irrelevant of what you have achieved and what you have not achieved. And how much money you have and don't have. Or whatever comes to your mind for yourself because this is your love letter to yourself.

If you truly love and accept yourself unconditionally then you may accept others as the way they are and in return, you may get love and respect from others.

There is a famous saying that charity begins from home. It is the same as love, respect, acceptance, and forgiveness begins from you.

*Always be a first-rate version of yourself and not a second-rate version of someone else.*

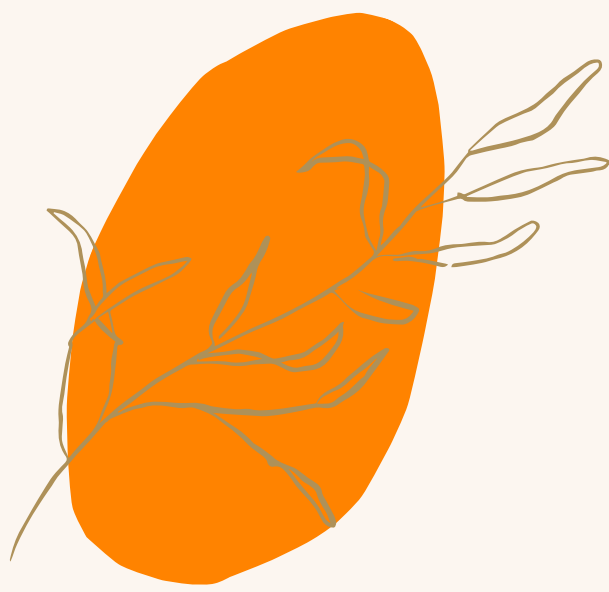
**-Judy Garland**

*"You yourself, as much as anybody in the entire universe, deserve your love and affection."* **—Buddha**

*"Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world."* **—Lucille Ball**







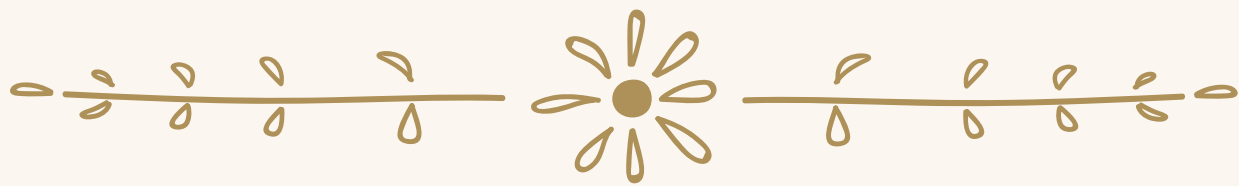
TIME TO REFLECT

Write down 11 things and create unconditional love for yourself.

I have given some examples for your reference.

- 1- I love myself even if nobody loves me.
- 2- \_\_\_\_\_
- 3- \_\_\_\_\_
- 4- \_\_\_\_\_
- 5- \_\_\_\_\_
- 6- \_\_\_\_\_
- 7- \_\_\_\_\_
- 8- \_\_\_\_\_
- 9- \_\_\_\_\_
- 10- \_\_\_\_\_





# LOVE LETTER TO DEAR SELF

Dear Me,

This is the first time I am writing a letter to you. Maybe you will be surprised. From now onwards, I will continue to write letters to you and tell you about my feelings, emotions, and love frequently.

**Do you think it is a good idea?**

Firstly, I would like to say thank you for being with me. Thank you, Universe, for making me a woman I love my feminism and enjoy being a woman. I love each and every part of myself. Even though I did not compliment you before but I confess today you are my best friend. I am your huge fan. I am not bothered by what people say about you. I'll admire you and will do only good things for you. You are on my priority list now. I'll treat you like a princess or Barbie doll. You are my rainbow. From now onwards, I deliberately make a promise that I value myself, inside and outside. When I have time, I will focus and spend money on myself.

**Dear me**, whenever I look at **YOU** in the mirror, notice how beautiful you are from the inside and outside. You deserve the best as you are valued and deserve love. I love the way I look. I love the way I have been brought up. I love my dressing sense. I love my enjoyment of learning. I love helping people and the way I treat others.

Dear me, I'm sorry I judged you and ignored you consciously and unconsciously. Please forgive me. Sometimes, I used to abuse you but you are still here with me. I love you\_\_\_\_(name).

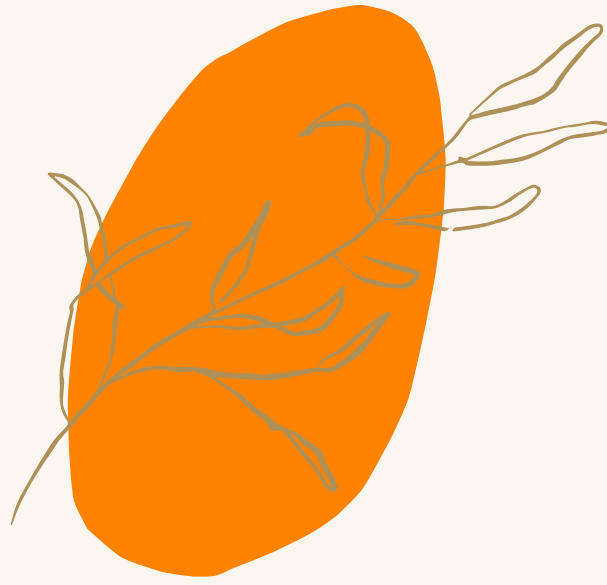
From now I would like to restart my new relationship with you. I promise I'll look after you, I'll respect you despite whether you have achieved something or not. I'll respect and love you irrelevant of how much money I have. From now it's my responsibility to fulfill my needs and make myself happy and loved.

I take 100% responsibility to look after myself from inside and outside.

With love,







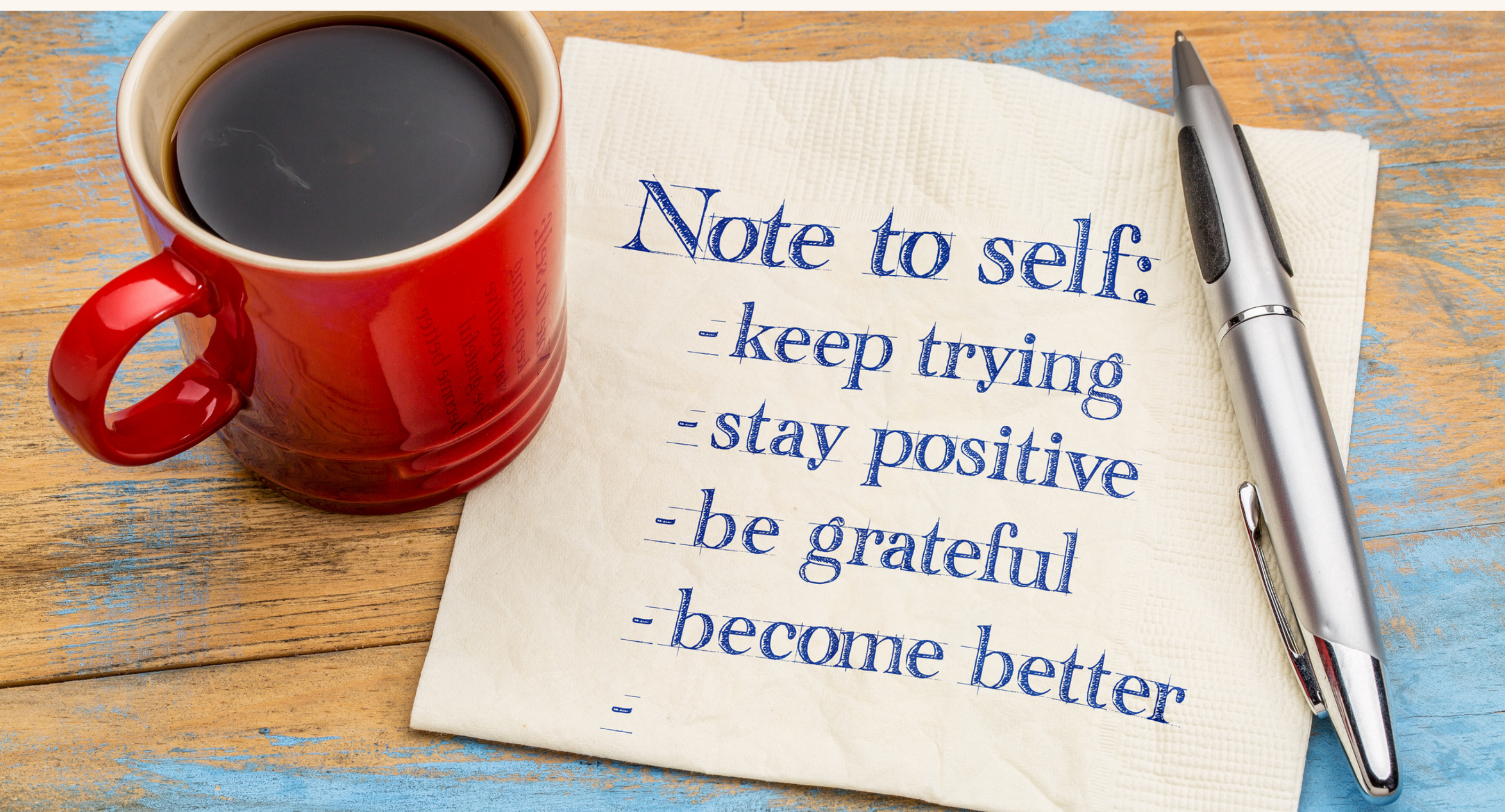
## EXERCISE:

**Now it's your time to write a love letter to yourself and tell you whatever you want to say.**

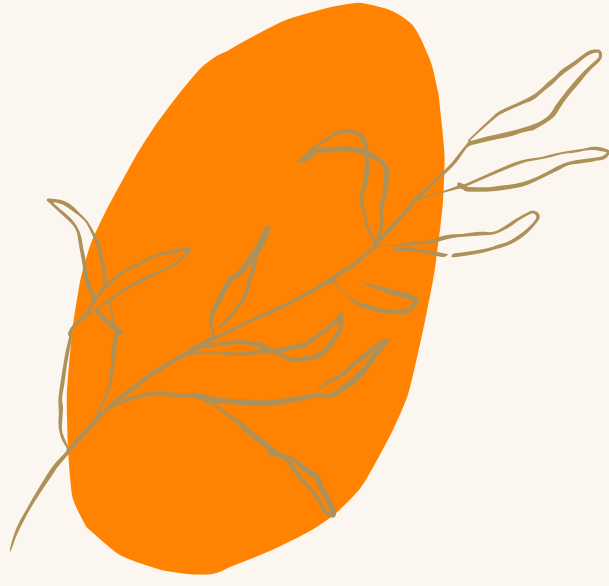
Exercise: Sit back, play some romantic music and start writing letter to yourself and assure yourself that you will make yourself happy.

Trust me, at the end of this beautiful exercise, you will fall in love with yourself and your self-esteem will boost sky high. You will be on top of the world. This is the most powerful way of manifesting good things in life. You can write letters to yourself whenever you want and read it frequently to manifest self-love in your life.

Do share your experience with me on Instagram @asmaachaudhry, I will be waiting to read and be part of your happiness.







## LET GO OF YOUR PAST

“Time doesn’t heal emotional pain, you need to learn how to let go.”

-Roy T. Bennett

Whatever happened in the past is in the past. Just let go of your past, but how? Just clear your negative energy, fear and sadness by writing letters to your past self.

It can be extremely emotional and will increase self-awareness as you have been holding your emotions within yourself for so long. We are human beings and have lots of setbacks, challenges, broken relationships, bad memories, challenging times, people, events, and many more. Sometimes some people don’t move forward because they are so attached to the past.

If you are tied up with your past then it's time to release the bad memories and experience the joy.

If you really want growth, success and, prosperity in your life, relationship and career then you should embrace your past and move forward.

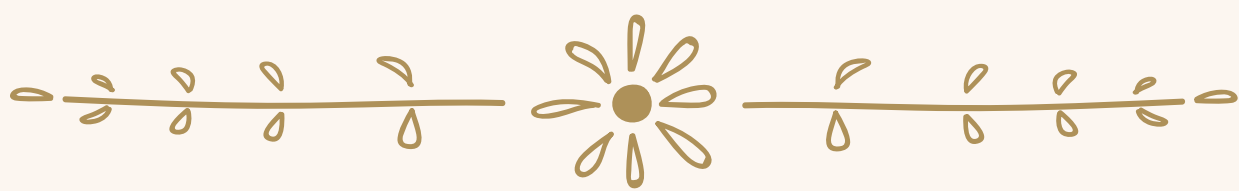
This activity is all about looking back at yourself as a person. Trust me this is a very powerful activity and after this activity, you will grow.

### Steps

Identify a period of past e.g childhood, teenager or young age. I would recommend starting from the very beginning of childhood to your present self.

- What challenges you have faced?
- What trauma or bad memories do you are holding with you?
- What good memories or events do you have?
- What you have learned since then?
- What types of people have you met?
- What types of success or achievements you have achieved so far?
- What experience have you gained and what advise you gave to yourself?





# LOVE LETTER TO PAST SELF

Dear Past Self,

My advice to you!

Don't take too much stress about what people think about you. You are human and you are not meant to be perfect.

I had a good time, but sometimes some challenges are in life as well just as a rose always has thorns with it.

When I was in high school, there was a classmate who always bullied me in class. Whenever I think about my school life, her face comes to my mind and I get triggered. Today, in this letter I am releasing all bad memories and complaints about her\_\_\_\_\_(name) and leaving her behind as it is behind me now.

While I was in my college, I had the company of very good friends and we had lots of good memories and a nice time. I appreciate all those friends and lovely moments we have spent together. Thanks to all those lovely friends and amazing teachers for their love and support.

Even though I made mistakes in my past but I learned from my mistakes because as human, we all make mistakes and have to grow, hence I am forgiving myself and moving ahead on a new journey.

Dear past today\_\_\_\_\_ of \_\_\_\_\_ and I take courage and confidently announce that I am leaving you now and moving ahead towards my new beginning. I embrace you but I have to move on with my life. I am leaving all my bad memories, tears, sadness, and unhappy moments of life behind. I forgiveall those who hurt me and appreciate to those who support and love me. I am leaving all complaints and cribbing about people, events, and society. Goodbye.

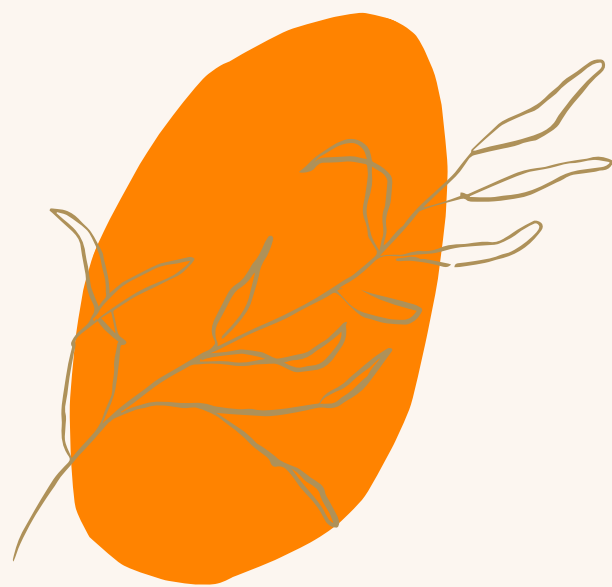
Dear self If you ever need a hero, become one!

Loving you

Your Present self

A simple line drawing of a flower with two buds and several long, thin leaves.





# EXERCISE

## WRITE A LETTER TO YOUR PAST SELF

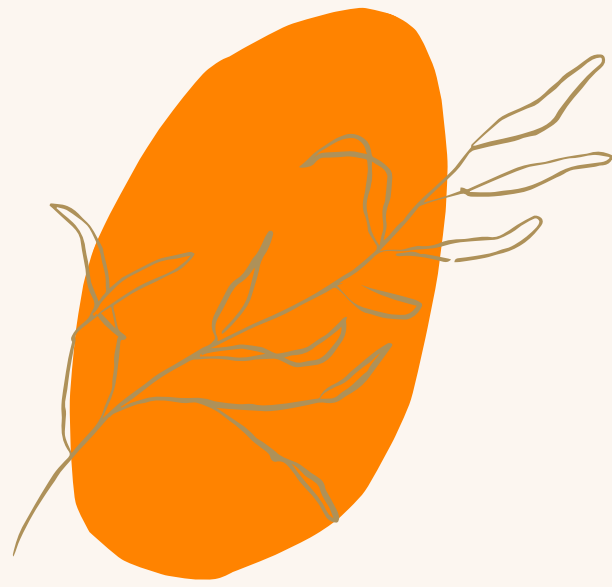
Exercise: Write two different letters to your past self. In one, you can describe your bad events, people, memories, or any trauma in your life.

In the second letter, you can write about good memories, people, events, success and achievements only. Once you have done it then read loudly the bad memories letter first and you may forgive all those bad people and events and burn this letter.

Now, it's time to keep your good memories with you forever to give you a boost from time to time. Read the other good memories letter loudly and put some fragrance on it or you can put any flower inside and you can put in your purse or drawer and read it frequently or whenever you need a booster in your life. It works like a wonder and acts as an energiser. Now let's get ready for an extra dose of happiness and an unlimited smile.







## DESIGN YOUR BRIGHT FUTURE

"The best way to predict the future is to invent it."  
-Theodore Hook

"The only way you can predict the future is to build it."  
-Alan Kay

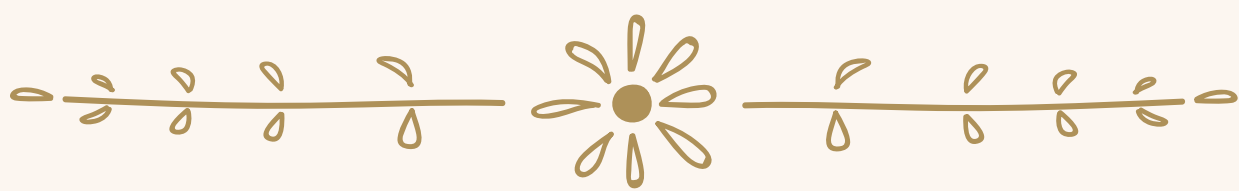
Our future is in our hands, yes, it's true we can't change our past but we can create our future what we want to be. We are the author of our life stories. This is your life, be a director of your movie, decide on a character and how you want to act in it. This activity is about where you are and what you want to be in the future. It could be after two years, three years, or five years. But five years is frequently used as we describe ourselves in future.

This letter will focus on who you want to be and what you want to achieve in the next five years. Simply create your own life as you want to be your dream life because you are the creator of your own life.

### Steps

- Choose a date in the future (for example five years)
- Write a letter to yourself to be received on that date in the future
- Write it as a real letter
- Use present tense as if already you have achieved it
- In your letter, address to questions mentioned below;
- What do you want to be?
- What are your priorities in terms of your career?
- What level do you want to achieve in your health?
- What skills do you want to improve?
- What kind of relationship do you want to develop with your family and friends?
- What types of life do you want to live?
- Where will you travel to in the next 5 years?





LOVE LETTER TO  
FUTURE SELF

Dear Future Self,

I am writing this letter to remind you of the most significant things in my life; my essential plans and achievements. Today is \_\_\_\_\_of \_\_\_\_\_ and I’m so excited that I have achieved everything which I had wanted in the five years.

What a wonderful luxury life, secure career, a healthy and happy family, a strong and trustworthy personal and professional relation, and financially free now. I and my husband do not work for money but money work for us.

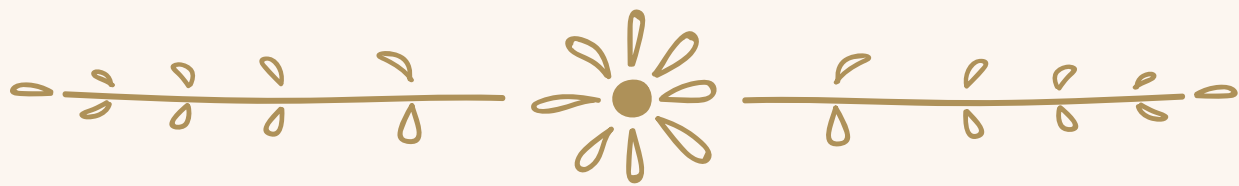
Thank you, Universe, for such a wonderful business/Job. The prosperity and success come to us so easily.

I am so happy that I am living in a very peaceful and calm environment. I live in a beautiful farmhouse nearby the lake. The beautiful 5 bedrooms cottage is surrounded by nature with extraordinary views of the lake. The interior itself is designed by me. The exterior of the house is surrounded by nature where I usually go for walk and enjoy the countryside nature.

In terms of my achievements, I am very satisfied today I am a successful \_\_\_\_\_ (job title/business) and received many renowned international awards. I have been featured in many leading publications such as The Sun, Vogue, The Times, BBC, etc. I receive regular invitations from BBC Radio, Asian Network, and various other radio & TV talk shows and influence millions of people.

I have millions of followers on all social media platforms. I attract popularity from people of all ages and gender and the contents are loved by millions.





I am so excited that I can easily manage and balance my personal life and professional life.

I always give priority to my health because without a healthy mind or body it's hard to live a healthy and happy life. I have a healthy and fit body, perfect figure, and ideal weight of\_\_\_\_\_ KG. I have supper healthy habits. I love exercising and eating healthy food and have an excellent immune system. I love meditating and treating my body like a temple. I am so glad I am able to maintain my physical health as well as my mental health.

I would say proudly that these five years were the best ever successful years of my life as I am financially free with multiple sources of income. Even as billionaires me and my husband are still working and we love our careers.

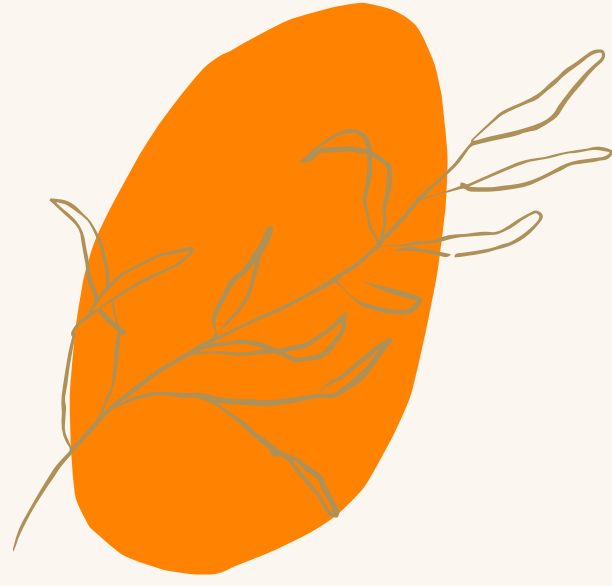
In the five years, I have achieved all my health, relationship career, and wealth goals. We are rich in all areas of life.

Thank you, Universe, for everything and wonderful life.

Your Present self







## EXERCISE

### WRITE A LETTER TO YOUR FUTURE SELF

Write a letter to your future self. Think about what potential you might have.

*Why would you write a letter to your future self?*

*Does it seem childish?*

Trust me this exercise can bring much value to your life and achievements.

I did it myself and recommended to my clients/students that writing a letter to your future self is a great idea to manifest your dreams.

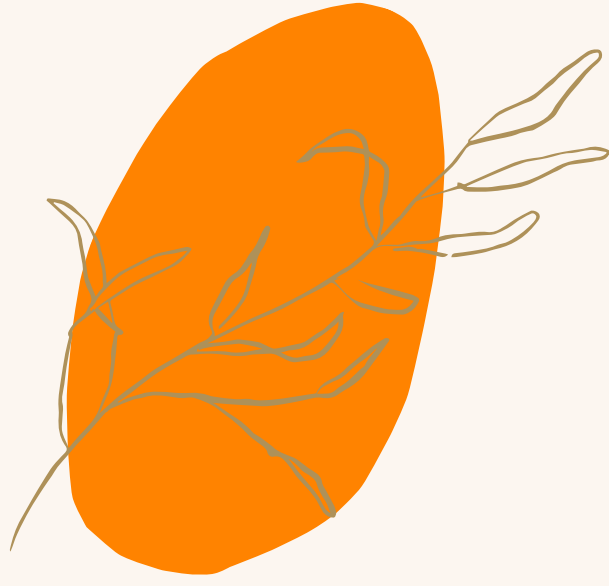
Just give it a try and share your wonderful and unique experience with me e.g how did you feel it?

**Come on. it's your turn now!**

**Note: Please your action is also important to achieve your dreams.**







## CONNECT WITH YOUR ROOTS

“First your parents, they give you your life, but then they try to give you their life.”

— Chuck Palahniuk

If Your relationship is not stable with your parents then it will affect your all-other relationships as well. Because your roots are connected with your parents. They are a source of your energy. But we take them for granted for everything they do for us and sometimes we don't get them along.

### **For example,**

If you hate your father/mother it will go to show up in other relations because we are disconnected from our source of energy. Today I would like to remind you of your relationship with your parents. If it is not good, do not expect you will have an excellent relationship with your boss, siblings, friends, or spouse.

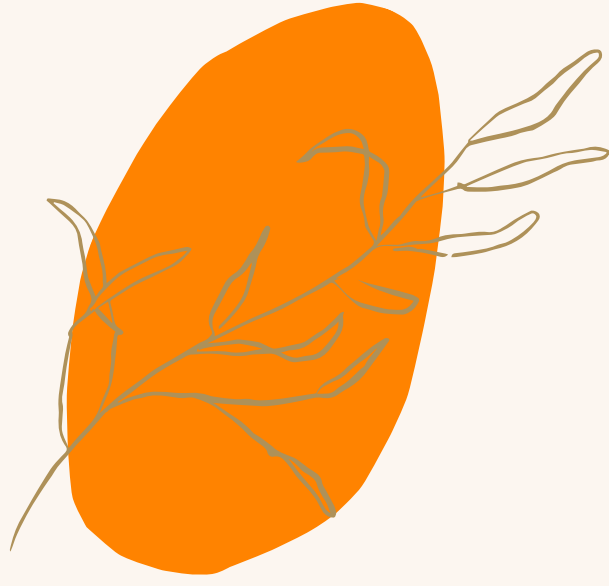
*How could you improve relationship with them?*

*Well, there are other techniques as well but I would like to tell you a very simple yet authentic technique.*

Writing a letter to parents is one of the greatest feelings and realisation. Trust me this is the best technique to improve your relationship with your parents and it will take your relationship with your parents to the next level. Through this letter, accept them, admire them for their efforts and tell them how much you love them.

Whether they are alive or not alive does not matter. Write down whatever comes to your mind, write it. The one thing comes to my mind is that not practicing patience with parents because we get irritated quickly. Make a promise, from now that you will demonstrate practice patience with them. If your parents are not alive but still you may pen down your feelings, emotions, guilt, sorry, and regret if you have one.





*“To understand your parents’ love you must raise children yourself.”*

– **Chinese Proverb**

One of my participants has lost her parents a while ago, but she has guilt inside her because sometimes she shouts at them. After some time when she lost them and now living with guilt and shame because of her controlled behaviour.

I asked her to write a letter to them and say sorry for her behaviour and make a promise to herself as she will practice patience with herself as well as with other elders.

After this exercise, she came up with lighter feelings and said,

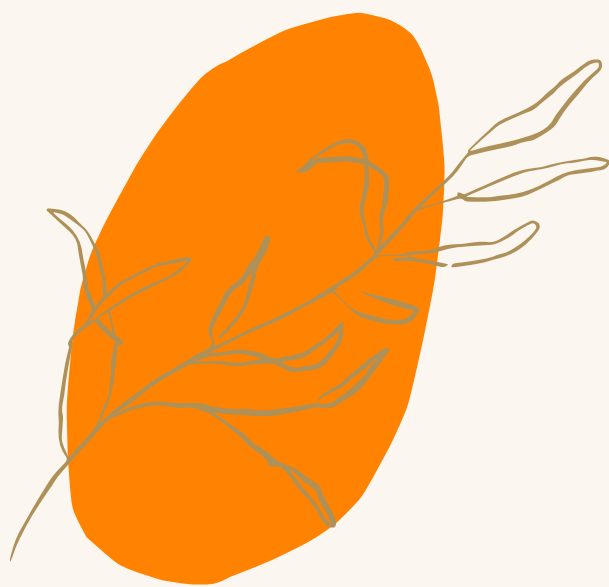
*“I am feeling as light as I can fly high like a bird and there is no more guilt, thank you for this realisation. Even though I don’t have my parents with me but I started to practice patience with myself and other elders consciously.”*

When I tried this technique it was a great awareness and realisation. As I was short tempered but after writing this letter I 've got big realisation and open my eyes. Then I started practise patience with myself and with others.

Over the years, friends ,relatives and co-workers have often said to me, “You have so much patience with everybody . How do you do it?” I just smiled and said this is dark secret.

But now through this book I've reveald my dark secret to the world. How I've got the realisation and took my relationships not only with parents as well as with others to the next level.





TIME TO REFLECT

Write 11 things for which you are grateful to your parents and say them ‘Thank you’ from the bottom of your heart and give them a big hug.

1- Thank you mum and dad for your constant support and love throughtout my life.

2- \_\_\_\_\_

3- \_\_\_\_\_

4- \_\_\_\_\_

5- \_\_\_\_\_

6- \_\_\_\_\_

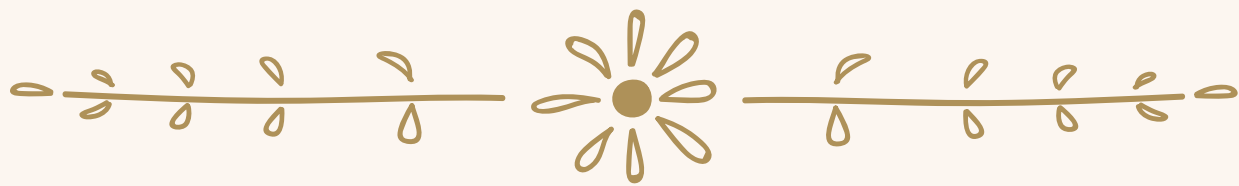
7- \_\_\_\_\_

8- \_\_\_\_\_

9- \_\_\_\_\_

10- \_\_\_\_\_





# LOVE LETTER TO PARENT

Dear Parents,

I would like to say thank you to both of you as you brought me into this world.

I can't say thank you enough for this experience.

Thank you for everything and your sacrifices.

Thank you for supporting me throughout my life.

Thank you for bringing me up.

You are the best mother and father ever on this planet and I am truly thankful for everything you have done and still doing for me. I love you both from the bottom of my heart.

Thank you for being the best parents.

I am so glad you are my support and backbone. With the efforts and sacrifices for me, and the fun we had together I'll never forget how I was brought up. I appreciate you very much for standing with me all the time.

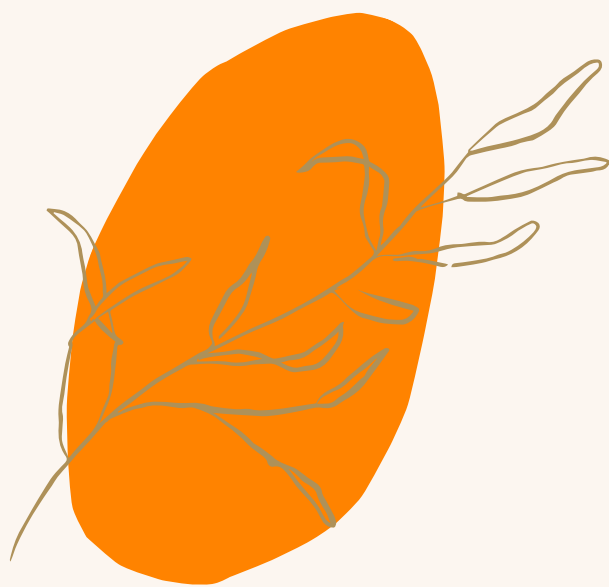
Thank you for encouraging me even when I make mistakes.

Thank you for being proud of me and helping and motivating me to make my dreams come true.

Dear mum and dad, I love you both all the time. I took you for granted but I really appreciate your efforts and really don't have many words to write. Only you can understand my feelings.

With Love





## EXERCISE

### WRITE A LETTER TO YOUR PARENTS

Now it's your turn to write a letter to your parents whether they are alive or not. If they are alive give this post/letter to them if not then nothing to worry keep it with you or with their pictures. They are in heaven and they are still watching over you. This is your feeling so you can write whatever you want to say to your parents with your pen.

This exercise is super powerful to improve your relationship with your parents. Just give it a try and see the magic.

*Best of luck for being a magical relationship master.*

*"We never know the love of a parent till we become parents ourselves."*

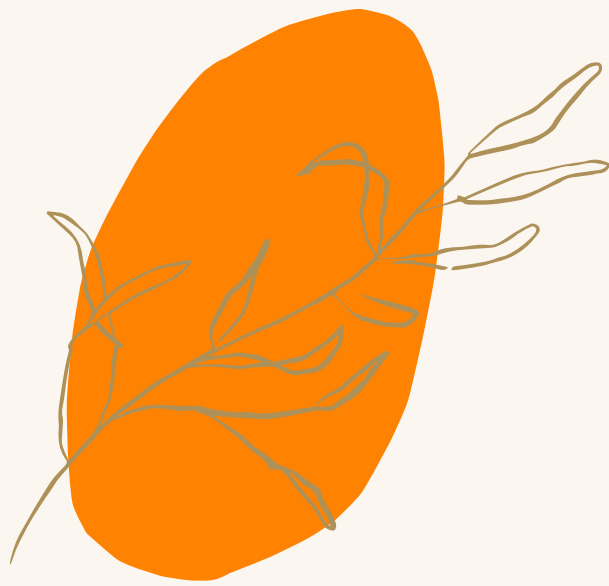
**– Henry Ward Beecher**

*"First your parents, they give you your life, but then they try to give you their life."*

**— Chuck Palahniuk**







## SHOW LOVE AND RESPECT TO MONEY

Wealth flows from energy and ideas.  
- William Feather

*How is your relationship with money?*

*Are you struggling for money?*

*Are you stuck with money?*

*How much love and reyou have for money?*

*Do you want to achieve your Money GOALS before the end of this year but don't know how to do that?*

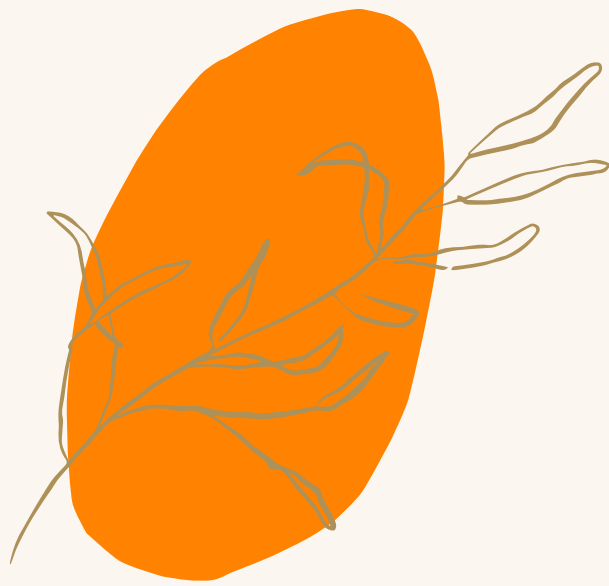
If answer to any of the Question is "YES", then I'm going to share a very powerful technique then you can manifest your wealth goals by writing a love letter to money. You can improve your relationship with money and attract more.

It's a very simple yet very effective technique to manifest money in your life. In this technique, you can tell money how important it is for you and how much love and respect you have.

Write a love letter to money as if you are writing a love letter to someone you love. Include your thoughts, your imaginations, your love, and respect for your loved ones.

Write a love letter to money and where you can show your love and how much love you have for money. So, you can pay gratitude.

Write about how much gratitude and respect you have for money and what things you buy with money and how much money and savings you have. All these things you can describe in this letter and trust me afterward you will see a magical result in your life.



## SHOW LOVE AND RESPECT TO MONEY

Wealth flows from energy and ideas.  
– William Feather

As you know that whoever has gratitude for health, wealth, or anything, would be given more. Whoever does not show gratitude for anything they have in their life even what has been taken from them.

*When I started counting my blessings, my whole life turned around.*  
– **Willie Nelson**

Feeling grateful for money even when you have a very little amount to spend but you still show gratitude for what you have in your pocket or what food you have for eating and a house for living. It does not matter whether it is your own property or rented one but still have gratitude that you have a roof over you.

One of my workshop participants wrote a love letter to Money and within 24 hours she got news of a tax refund, which was overdue for almost 2 years.

### **Do you want to know the amount?**

It is £1600. She was super happy because she had almost forgotten about this refund.

When I wrote this letter at the beginning of the year, I attracted the exact same amount what I have written in this letter.

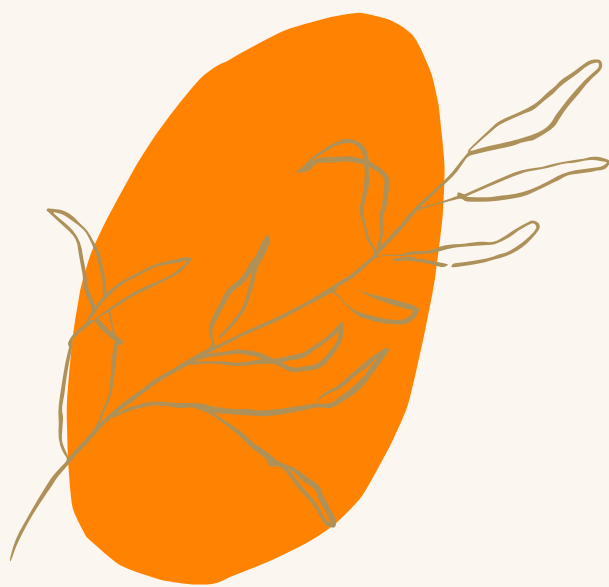
*Now you can imagine how true and powerful is it.*

### **Do you want to know the amount?**

It is £4,400. I am extremely happy because I had a few shares in the past which I had almost forgotten. But when I got a call from one of my friend who works in Share Market and she asked me for the shares. She offered me a very good price and I sold her.

Now, you can imagine my happiness by that moment. I was over the moon for this magic.





TIME TO REFLECT

Make a list of 11 things you have got today because of the money you had with you and say ‘Thank you’.

1- Thank you you money for providing me car for unlimited travel

2- \_\_\_\_\_

3- \_\_\_\_\_

4- \_\_\_\_\_

5- \_\_\_\_\_

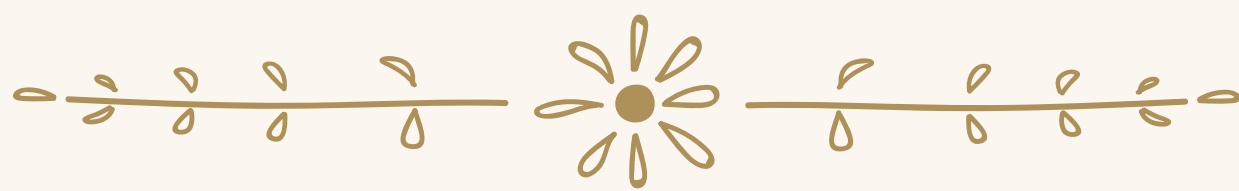
6- \_\_\_\_\_

7- \_\_\_\_\_

8- \_\_\_\_\_

9- \_\_\_\_\_

10- \_\_\_\_\_



# LOVE LETTER TO MONEY

Dear Money,

I would like to say a big thank you to you for always being with me. Whenever I call you, you are there for me.

I want to improve my relationship with you from now and onwards. You are always with me in a huge amount.

As I have my body with me, my breath, soul, my Universe with me and you are also keeping my company in the same manner in my life. We are so close to each other and I have fallen in love with you every day whenever I see you.

We both are taking care of each other as I love you and you love me. I promise I respect you a lot like anything whenever I spend you or receive you in my life. I love you from the bottom of my heart. Please believe me I can feel you close to me when I say I love you. From now, you are with me forever. You are part of my life.

I would like to say huge gratitude for all those money throughout my life. Since I was born, the money was spent on my clothes, food, hobbies, education, school uniforms, birthdays, parties, and holidays and whatever amount I have spent up till now on me. It's a great honour for me to have you in my life, even though I don't express my feelings and gratitude to have you in my life. You never let me down in any walk of life.

I have a huge amount coming with me every day in my life, in my bank accounts, in my wallet, and in my saving box through my passive income and an active income. Even when I am sleeping you are continuously growing in my bank account which allows me to spend on my wishes, luxury life, desire, shopping, travelling, family, and friends with so much ease. I am financially free now and my net worth is growing by more than 20% every year. I am happily spending money on my luxury life, comfort, education, and hobbies. I have always had the money for myself, family and friends.

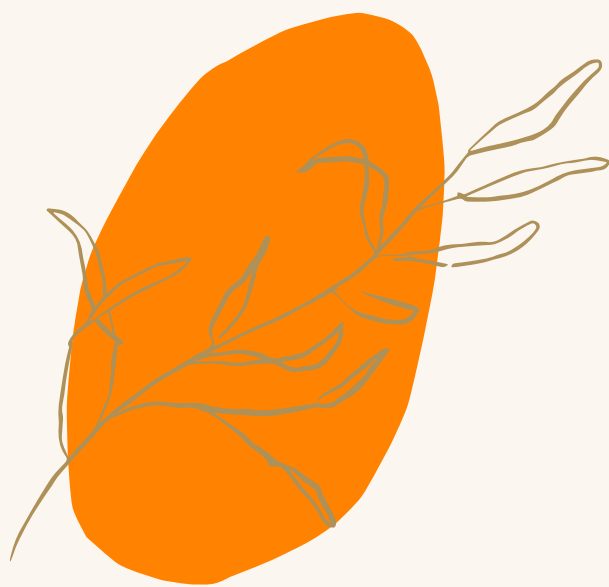
Promise me that you will always be with me in my purse, bank, home, and in my life.

I love you so much and will always love you forever. That's a promise I'll surely keep forever in my life.

With lots of Love & respect







# EXERCISE

## WRITE A LETTER TO MONEY

**Now it's your turn to create magical result in your life.**

Write a love letter to money and put it in the west direction of the house or your room(if possible).

*Why the west direction?* Because the west direction is the direction of profits and gains and the element of the west is Space so as per Vastu Law. If you put your wish list or any letter to manifest it will come true.

**Guidance**

Here is an important guideline on what you can keep in mind before going to start this letter. It is significant that you read through the entire guideline before you continue. Sit down and take a few moments to think back through your childhood up till now and make a list of areas where money was paid such as on your education, clothes, travelling, holidays, food, desires or luxury life, etc.

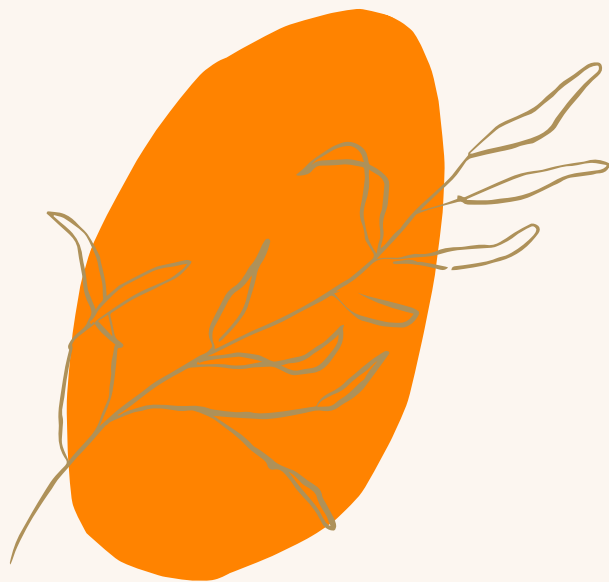
Wear nice clothes/ shirts as you are going on date with your loved ones. Spread positive energy around you as you are going to see the Money.

Three **rules** should be followed when you are going to start a letter;

1. Show Love and respect for money as how much you love
2. Gratitude to all the money you have been using throughout your life as well as the money spent on your upbringing and desires.
3. In the end, you may show future love, bonding and goals of abundance in terms of money, and make the promise that you will respect money in all aspects.







## ATTRACT GOOD HEALTH

“Health is not valued till sickness comes”.  
-Thomas Fuller

Health is a precious treasure of life. We hardly think of health and say thank you to health until we are not well. Then we may think about health only because we want to feel better.

So today manifest your health by saying thank you to your current health to receive more in your life. This is the rule of the universe. Once you have shown gratitude for what you have then you may attract whether health or wealth.

*It is health that is real wealth and not pieces of gold and silver”.*  
**-Mahatma Gandhi**

One of my friend she has acidity problems. She has started writing letter to her health.

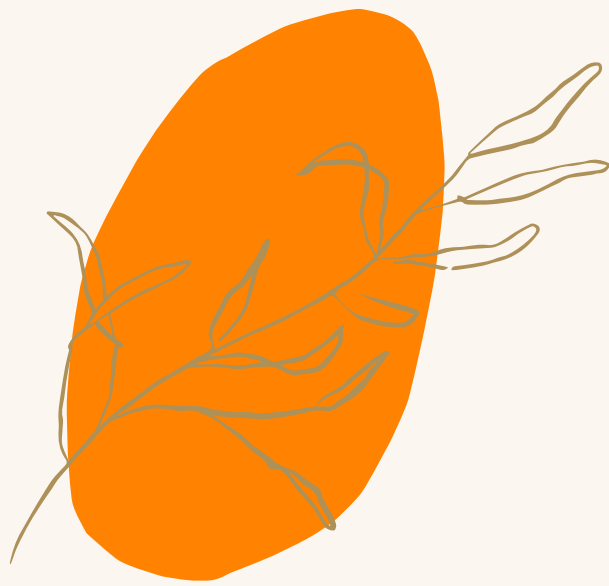
She told me She gratitude that her stomach digest food easily. She drinks cold and hot drinks and her stomach tolerate the temperature of it. She eats her favourite food whatever she likes to eat. She has perfect immune system. She thanks to each cells of stomach as well as body who performs well.

She continued wrote this letter for 21 days and after 21 days she came up with an amazing magical health result as;

*“My acidity and stomach related problems gone off. I am completely healed now with a good immune system. I can eat whatever I want to eat with a friends or party and no more gastric issues at all”.*

**Do you think it is a great magical way to reprogram your subconscious mind?**





## ATTRACT GOOD HEALTH

“Health is not valued till sickness comes”.  
-Thomas Fuller

Let me *share my personal experience with you now,*

Few months back, I had a very bad hair fall and got upset to see it every time whenever I comb. I used this letter techniques and thank you to my strong and silky hair. Thank you Universe, I can manage my hair easily. Thank you, Universe my hair grows very fast.

Can you imagine after nine days the magic happening started, I saw a big difference in my hair fall. They’ve stopped.

Now you can imagine how powerful and super easy technique to reprogram your subconscious mind.

As you know words are energy and when we write positive words on a piece of paper it directly connect to our subconscious mind and tune our frequency towards fulfilling our goals.

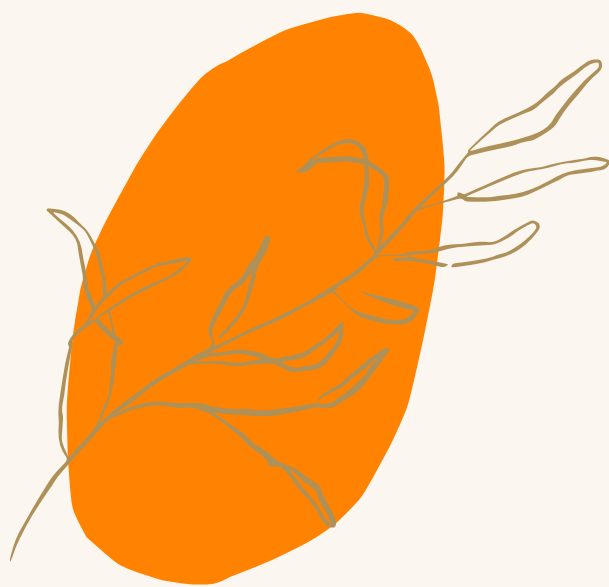
Because when you say affirmation and repeat positive words about health. It fires up your neural pathways and produce substitute to those sectors of the brain that creates you positive, healthy and calm.

**Le me share another experience with you,**

*One of my other workshop attendees, Natasha. She has treated her post pregnancy stress by this technique and attracted a peaceful healthy and positive mind.*

*Health is not valued till sickness comes.*

**Thomas Fuller**

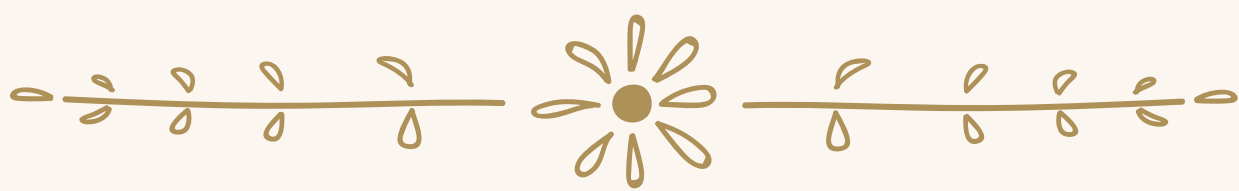


TIME TO REFLECT

Make a list of 11 things that you are enjoyed because of good health and be grateful for that.

- .
- 1- I am grateful that I am alive and healthy today.
- 2- \_\_\_\_\_
- 3- \_\_\_\_\_
- 4- \_\_\_\_\_
- 5- \_\_\_\_\_
- 6- \_\_\_\_\_
- 7- \_\_\_\_\_
- 8- \_\_\_\_\_
- 9- \_\_\_\_\_
- 10- \_\_\_\_\_





# LOVE LETTER TO HEALTH

Dear Health,

I would like to say sorry, please forgive me as I did not properly take care of you before but thank you for still being with me. I love you, my health.

From now onwards, I want to reconnect with you and want to say a big thank you for being with me to achieve success. I make a promise from now onward I will listen to you frequently and try my best level to fulfil your needs. Because sometimes you need to relax and I need to spend time only with you.

Life is too busy and we are all consumed in the digital world and forget ourselves and the care needs of our health.

I promise I will listen to my body and will have healthy food and regular exercise to build up a strong immune system.

I must say a big thank you to my legs and feet because both are the main transportation of my life. I use my legs for standing, sitting, walking, running, driving a car, riding on a bike, playing, and unlimited walking. Without you, I cannot enjoy life.

I thank my hands and arms and with them, I pick up things such as eating, drinking, cleaning, dressing, and many more task I do. Without you, I will have to be dependent on others.

Just imagine how lucky you have your five senses as you can see, hear, touch, smell, and taste.

Dear health, now I say thank you to all my organs such as the stomach, kidneys, liver, and other organs that are functioning properly to run my body.

Think about your brain which has millions or billions of connections inside and from small to big cells of the body that are working together to run my body.

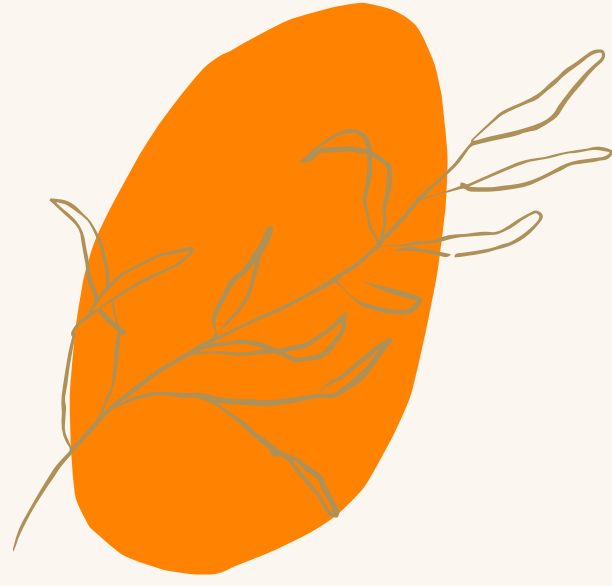
How can I forget the amount of water and blood running into my body a big thank you to them.

Dear health from now onwards, I'll respect you love you, and will take care of you as you are important in my life to achieve abundance and prosperity in my life. From now and forever you are on my priority list. I'll treat my body like a temple.

With lots of Love & respect







## EXERCISE

### WRITE A LETTER TO YOUR HEALTH

*Now it's your turn to do the exercise.*

Write a letter to health. You can say thank you for your current health. Also, you may manifest your ideal health or health goals by writing a letter to your health.

It's a very simple yet very effective technique to manifest good health in your life. In this technique, you can tell health how important it is for you.

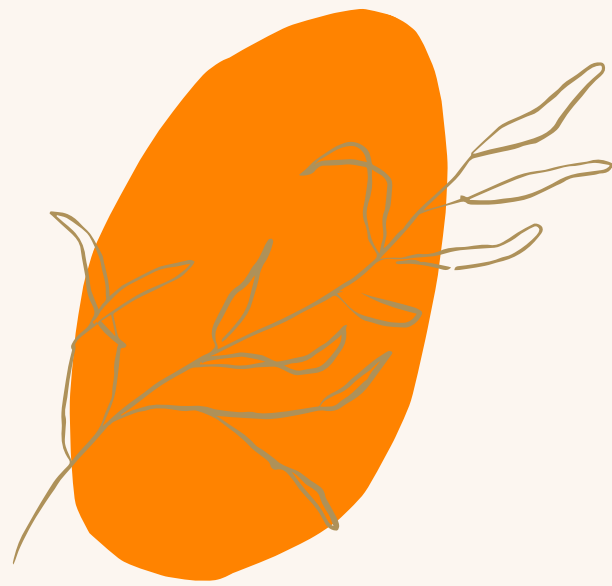
*"Celebrate what you want more of." ~**Tom Peters***

*"Acknowledging the good that you already have in your life is the foundation for all abundance." ~**Eckhart Tolle***

A photograph of a wooden key with a tag attached, resting on a teal wooden surface. The tag has the word "Health" written on it.

Health





## POWERFUL MANIFESTATION IN ALL FOUR AREAS

You are the creator of your own reality.  
—Esther Hicks

What are correct techniques to make an affirmation to start manifestation? That's the most frequent question I have been asked.

*How do I make affirmations and how can I attract my goals?*

*How can take my relationship to the next level?*

*How could I lose weight before my big day?*

*Or how could make growth in career?*

Here I am going to share with you a very powerful best friend technique to make your affirmation by writing a letter to your best friend and telling him/her that you have achieved your desired goals in all four areas of HRMC.

What is HRMC? It is an abbreviation of Health, Relationship, Career, and Money. This letter will focus on as if you have already achieved your goals.

*"To bring anything into your life, imagine that it's already there."*

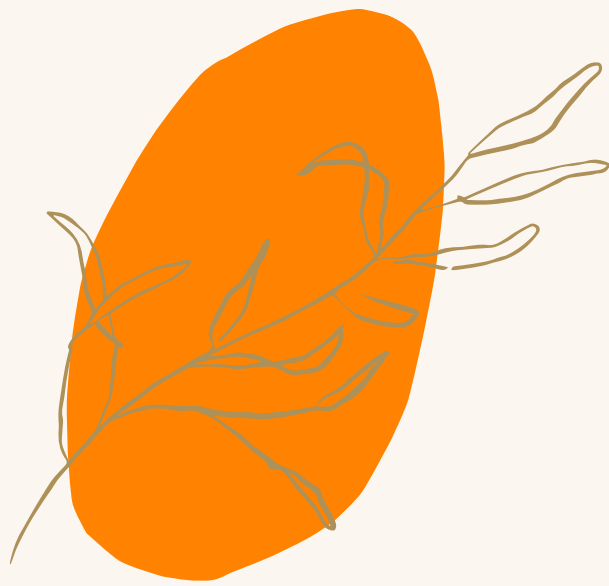
**—Richard Bach**

### **Steps:**

**Here are some easy steps you could follow;**

Choose a date. This can be at the end of the year or month but give a sufficient amount of time to achieve the goals.

*For example, if you want to lose weight of around 10 KG and you've chosen one month after as the proposed date, then it may not be possible. Chose a realistic time. Decide measurable goals and a specific date.*

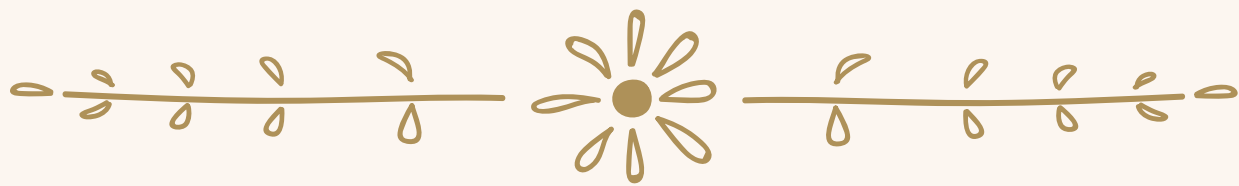


Write a letter to your best friends with lots of positive feelings and excitement. These achievements should cover four areas of life; Health, Relationships, Career, and Money. As you are telling your friend as if you already have it;

- Wonderful Job and career.
- How is your relationship going?
- If you want to get married just write about it.
- How is your health now?
- How much money have you made this year or how much saving have you done etc?

This is the best technique I've have ever found.





LOVE LETTER TO  
YOUR FRIEND

Dear friend,

Today is \_\_\_\_\_ of\_\_\_\_\_ and I am so glad to let you know that I have achieved my ideal body weight of \_\_\_\_\_. I am completely healed now and super active and happy as I was during my childhood.

In terms of my career, I am super excited that I am already a successful(businessman/ job title). I am helping lots of people in my life. I love my work and gives 10 x value. I have trained100 people this month and my record has been very consistent during the past few months.

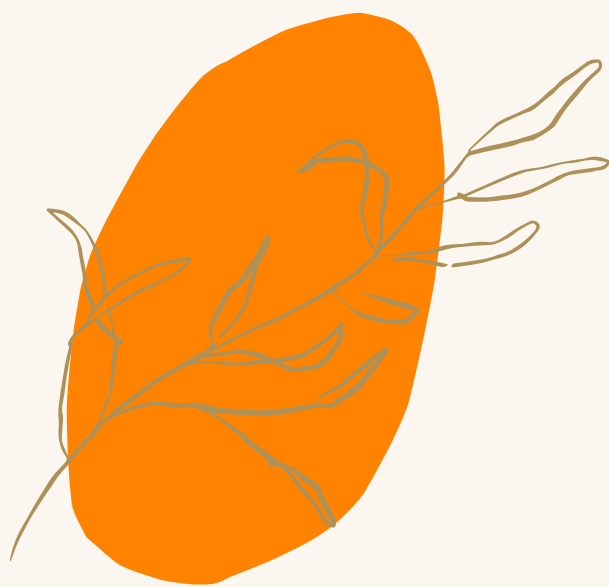
Now I am making more than £\_\_\_\_\_ from my ----- business happily and consistently. I also have more than 10 sources of passive income and I’m financially free now.

There is one more secret I want to share with you. It’s been two months, I am happily married to a wonderful person, who is caring, loving, and trustworthy. We have an outstanding relationship. We are best friends. Thank you, Universe, I can manage and balance my work life as well as personal life effortlessly.

Last but not the least, I want to share my money goals with you as I am comfortably making more than£\_\_\_\_\_ every month easily and happily. I am rich in all areas of my life. Thank you, Universe, for this wonderful life.

With lots of Love & respect





# EXERCISE

## WRITE A LETTER TO YOUR BEST FRIEND

Now it’s your turn to write a letter to your friend. Sit back and play some energetic music to create positive high energy because you need motivation and excitement as you have achieved your goals and you are super excited.

This letter will focus on as if you have achieved all your health, career, relationship, and money goals this year.

When you have contended with your letter, put it away or post it in your wish box and allocate your box to the west direction of your house or room(recommended if possible)

Read this letter on whatever date you have chosen and analyse your goals and see the magic in your life.

### How to find west direction of your room or house?

Install Compass App in your Mobile phone. Stay in the middle of the house and move your manual or mobile Compass and exact 270 degree would west of your house or room.

*Please note that action is required to achieve your goals. Align your goals with your priorities and needs and start taking steps towards the fulfilment of your goals.*

These seven letters are based on the idea of Law of attraction as we make perfect affirmations. To manifest any goal your affirmation must be perfect. So I have discussed techniques in all four areas of life to practise those techniques along with action frequency too.

**Now, let's create magic in your life!**



# THANK YOU

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*Asmaa Chaudhry*

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## The SEVEN LOVE LETTERS